



DR. ARKA DEY

Consultant - Physical Medicine & Rehabilitation

Qualification

MBBS | MD (PM&R) | DNB (PM&R)

Overview

Dr. Arka Dey is an accomplished Physiatrist with a strong specialisation in neurological rehabilitation, paediatric rehabilitation, and interventional physiatry. He is currently serving as Consultant - Physical Medicine & Rehabilitation at Manipal Hospital Varthur Road. His primary areas of interest include the rehabilitation of spinal cord injuries, early interventions for stroke patients, and the management of traumatic brain injuries. Dr. Dey is dedicated to enhancing patients' functional abilities and overall quality of life through the development of comprehensive and individualised rehabilitation plans. Dr. Arka Dey demonstrates exceptional clinical expertise in leading interdisciplinary rehabilitation teams, actively coordinating with physical therapists, occupational therapists, speech-language pathologists, and orthotists to deliver holistic, patient-centric care. His comprehensive approach is deeply rooted in preventing secondary complications, such as spasticity, joint contractures, and pressure ulcers, with the ultimate goal of restoring maximum functional independence and improving the overall quality of life for stroke, brain injury, and spinal cord injury patients. By establishing integrated, personalised recovery pathways,

he ensures that clinical milestones are perfectly aligned with each patient's unique lifestyle and long-term rehabilitation goals. In parallel, Dr. Dey leverages advanced interventional physiatry and diagnostic technology to manage complex musculoskeletal pain and prevent injury recurrence. He utilises real-time musculoskeletal ultrasound to perform highly precise, targeted injections and nerve blocks, maximising therapeutic efficacy while minimising patient discomfort. Furthermore, his expertise extends to cutting-edge regenerative therapies, detailed biomechanical and gait analyses, and the custom prescription of orthotic and prosthetic devices. This powerful combination of precise interventional pain management and proactive biomechanical correction allows him to deliver advanced, long-term restorative care to his patients. Dr. Dey's medical journey includes an M.B.B.S. from Bankura Sammilani Medical College, followed by an M.D. and a D.N.B. in Physical Medicine & Rehabilitation. His academic pursuits are highlighted by his dissertation on the "Efficacy of Sphenopalatine Ganglion block in the management of orofacial pain in head & neck cancer patients." He has further expanded his knowledge with certifications in Biomedical Research from ICMR and a course on Rheumatic Diseases from EULAR. His professional experience includes serving as a Senior Resident in Kolkata. Dr. Dey's core skills encompass a wide range of competencies, including neurological and pediatric rehabilitation, musculoskeletal and neurological assessment, diagnostic ultrasound for musculoskeletal pain, interventional pain management, and effective multidisciplinary collaboration, making him a well-rounded and committed medical professional in the field of physiatry.

Field of Expertise

- Neurological Rehabilitation
- Orthopaedic Rehabilitation
- Intensive and critical care Rehabilitation

- Interventional Pain Management
- Paediatric Rehabilitation
- Geriatric Rehabilitation
- Cardio- Pulmonary Rehabilitation
- Sports Injury Rehabilitation
- Regenerative Therapy for Musculoskeletal Injuries
- Cancer Rehabilitation
- Amputee Rehabilitation

Languages Spoken

- English
- Hindi
- Bengali